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ABSTRACT OF THE DISCLOSURE

It is intended to provide processed products of wheat, barley, oats and rye and its processing method, in which any functional ingredients are increased with balanced, and originally physical properties and quality that are demanded by inhibiting activity of an unnecessary enzyme are held.

Depending on functional ingredients condition of targeted free amino acids like GABA or dietary fibers, by soaking process of seeds of wheat, barley, oats and rye, controlling germination days after soaking, controlling the drying temperature and controlling the gibberellin process, then wheat, barley, oats and rye, in which functional ingredients contents such as GABA, free amino acids and dietary fibers can be increased, can be obtained. Then, the extraction process from seeds of wheat, barley, oats and rye is controlled and the extraction method is suited for extracting the targeted functional ingredients like GABA and β -glucan. Thus, the method for increasing functional ingredients contents and processed products by its method can be provided. Therefore, foods comprising increased functional ingredients contents such as GABA and β -glucan can be provided by including wheat, barley, oats and rye or processed products of wheat, barley, oats and rye which has increased functional ingredients contents as raw materials in foods.

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